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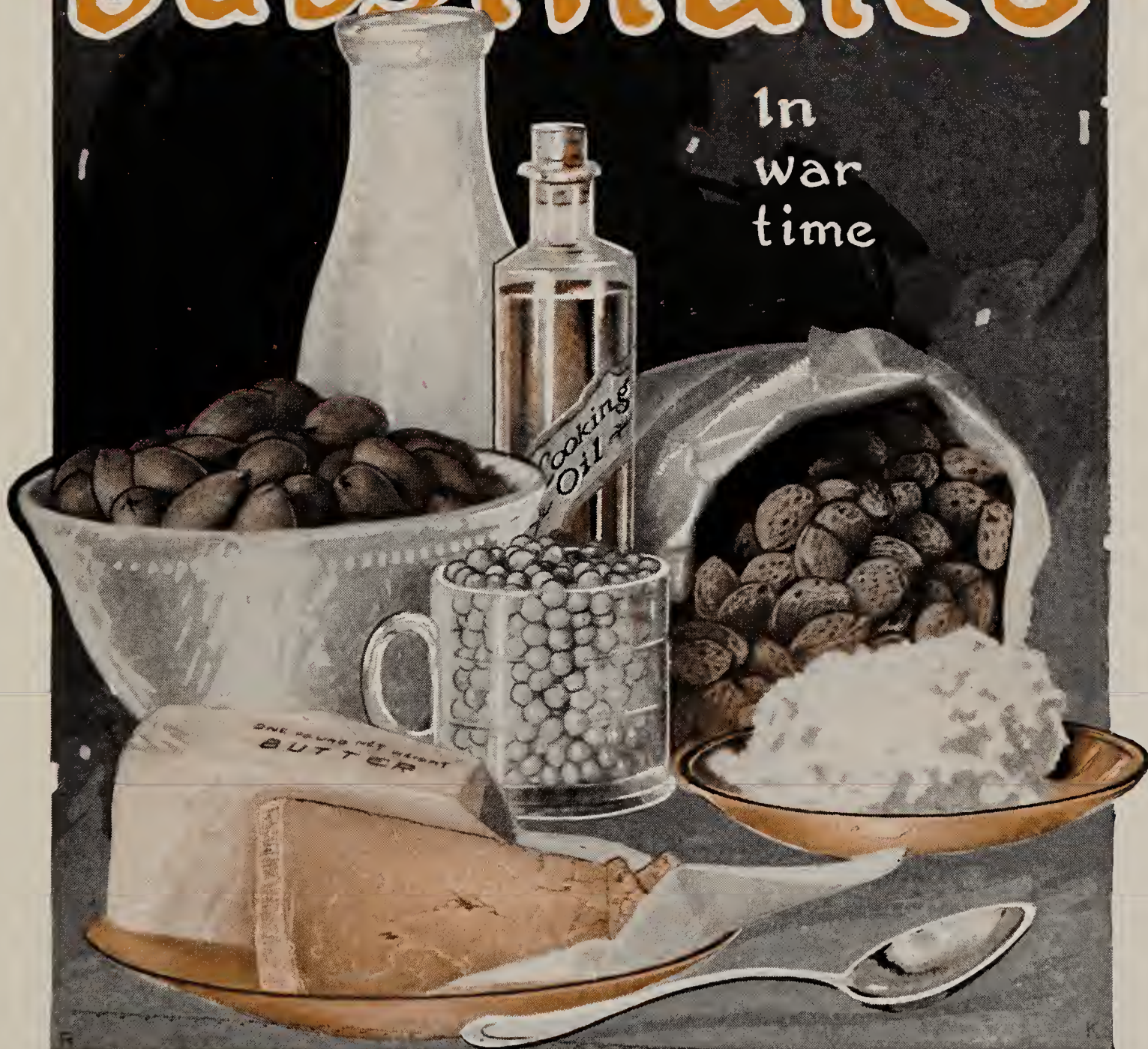
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U. S. DEPARTMENT OF AGRICULTURE LIBRARY LEAFLET No. 6

Meat: and meat substitutes

In
war
time



MEAT AND MEAT SUBSTITUTES

“To feed the world while it fights its way to freedom” is a responsibility in which we must each one share if we are to measure up to our full duty as loyal American citizens. Meat is needed by our **PROTEIN** soldiers and sailors, and by the armies of our Allies as well as by their civilian population, which lacks the abundant supply of milk, eggs, and the other foods which may safely be substituted for meat. The importance of meat in the diet is based on the fact that it consists very largely of the body-building and body-repair substance called protein. Meat, however, is only one of a number of protein-rich foods. Cheese, milk, eggs, beans, peas, cereals, and nuts contain it in plentiful amounts, and may be used with perfect safety to replace a large proportion of the meat we usually eat. We must use these protein-rich foods in larger quantities than before, and save the meat, which is more easily prepared for use and more easily transported “Over There.”

Value of Meat in the Diet

A study of the U. S. Department of Agriculture publication entitled “How to Select Foods—III, Foods Rich in Protein” (Farmers’ Bulletin 824) will make plain the importance of protein in the diet and what foods supply it. “Economical Use of Meat in the Home” (Farmers’ Bulletin 391) discusses the value of meat as food, ways of reducing expense in the use of meat, methods of meat cookery, directions for utilizing cheaper cuts of meat in palatable dishes, and other like topics.

Although beef and mutton do not differ materially in composition, nutritive value, or digestibility, mutton has an advantage in that it is **MUTTON** capable of somewhat more economical use. The ways in which it can be prepared for the table are very numerous. Recipes for cooking it and much other information of value may be found in “Mutton and Its Value in the Diet” (Farmers’ Bulletin 526).

MEAT IS A WAR WEAPON

Substitutes

Among the meat substitutes, milk and its cheese products probably rank first. There is a wealth of material published on the subject both **MILK** by the U. S. Department of Agriculture and by the States. In spite, however, of the fact that scientists say that milk is a perfect food, its value for nourishment is not as generally understood as it should be. Many people think of it, for adults at least, as a beverage rather than a food, and do not realize that a glass of milk adds as much to the nutritive value of a meal as a quarter of a loaf of bread or a good-sized slice of beef. This information and directions for its use may be found in “The Use of Milk as Food” (Farmers’ Bulletin 363) and “The

Care of Milk and Its Use in the Home" (Farmers' Bulletin 413). Dishes made up largely of milk should be used more extensively as a substitute for meat in the average home. U. S. Food Leaflet No. 11, "Milk, the Best Food We Have," will be found useful. This is one of a valuable series of leaflets on food published jointly by the U. S. Department of Agriculture and the Food Administration.

The importance of milk in the child's diet, along with much else about the special needs of growing children in the way of food, may be found in Farmers' Bulletin 712, entitled "School Lunches," and **CHILDREN** Farmers' Bulletin 717, "Food for Young Children." Like grown people, children must be supplied with that which is necessary for health and strength, but in addition they must have also that which is necessary for growth and development.

Cottage cheese is richer in protein than meat. A third of a cup of it will give as much protein as a quarter of a pound of sirloin steak—a good, generous serving. Cottage cheese can be made on the **CHEESE** farm or in the home with little labor or expense. Directions for making it are given in "How to Make Cottage Cheese on the Farm" (Farmers' Bulletin 850). Another publication of the Department of Agriculture entitled "Cheese and Its Economical Uses in the Diet" (Farmers' Bulletin 487) treats the subject of cheese very fully and gives many recipes for its use in the diet as a meat substitute. Recipes for the use of cottage cheese may be found in "Cottage Cheese Dishes" (Office of the Secretary, Circular 109). Recipes for the use of Neuchâtel and cream cheese are given in Farmers' Bulletin 960, entitled "Neuchâtel and Cream Cheese: Manufacture and Use."

Substitutes Other than Milk and Cheese

Other foods may be used as meat substitutes and meat savers besides milk and cheese. "Make a Little Meat Go a Long Way" (U. S. Food Leaflet No. 5), as its title indicates, explains how to combine meat with other "building material" such as peas, **BEANS AND** beans, hominy, and barley, so as to obtain the most complete use of it. Another U. S. Food Leaflet (No. 8) is called "Instead of **PEAS** Meat," and gives recipes for the use of peas, beans, peanuts, and other things as meat substitutes. U. S. Food Leaflet No. 14, "Dried Peas and Beans," tells how these foods may be used instead of meat.

Fish, like meat, is a food rich in protein and you will be just as well nourished if you eat it instead of meat. "Use More Fish" (U. S. Food Leaflet No. 17) tells how fish may be used in place of meat. **FISH** Farmers' Bulletin 85, "Fish as Food," is no longer available for free distribution, but it may be obtained from the Superintendent of Documents, Washington, D. C., for five cents. This bulletin has a section on the place of fish in the diet and its preparation for the table, but does not contain definite recipes. These may be obtained from some of the good books on food which have chapters or sections devoted to fish.

HOW TO GET INFORMATION

Great care should be exercised in the choice of books on food, as those written since the war began and since food became so vitally interesting a subject vary greatly in value. Your Home Economics Demonstrator or the reference librarian of your Public Library should be consulted as to what books are authoritative. Some of these should be carefully read. All the Farmers' Bulletins and Food Leaflets mentioned in this text, unless otherwise noted, are available for free distribution as long as the supply lasts, and may be obtained by writing to the U. S. Department of Agriculture, Washington, D. C. They can also no doubt be consulted at your Public Library.

Many excellent publications on the use of meat substitutes have been issued by the States for distribution to their own citizens. An inquiry addressed to your State agricultural college will bring you information as to what has been issued by your own State. You should also get into touch with your county or town Home Economics Demonstrator, who will be able to help you adapt printed directions to your local conditions.

“If We Are to Win the War It Will Be Only Because Every Man, Woman and Child Charges Himself Daily and Hourly with the Test: Does This or That Contribute to Win the War?”